

much better, though the line of demarcation between bodice and skirt not being go definite as in the case of a shirt waist, the thin frock deesn't so accentuate the superfluity of too solid flesh. Then, too, one can have thin frocks whaleboned and lined, which gives mental and moral, as well as material, support to the woman who thinks she weighs more than she should. Of course, the lining makes the frock hot, but heat is largely a matter can make the average woman so hot as the consciousness that she is looking her worst.

Fortunately, says the "New York Sun," a beneficent Providence has decreed that the season when superfluous flesh is most when reduction of flesh is easiest and lengt trying. The woman who is determined to reduce has fewer privations. much better, though the line of demarca-tion between bodice and skirt not being fat people who will not do their own ex-

lengt trying. The woman who is determined to reduce has fewer privations to undergo in summer than in winter. The necessary exercise is more agreeable and of physical culture are good investment,

An abdominal exercise strongly recommended by every teacher of physical culture is said to be a sure reducer if one has the energy to do it regularly and persistently. It consists in lying flat on the floor face downward, with the arms folded, then raising the body from the floor on the elbows and tipa of the toes. One can do it only a few times at first, but as the muscles strengthen it can be done from ten to twenty times with rests between.

Diet is even more important than exercise in

modically, Many of the famous

inconsistently and spasmodically.

Many of the famous flesh reducing systems demand streamous dieting. Baating allowed only about fifteen ounces of fish or meat a day, a very few vegetables and no milk, sugar, bread, etc. The Sanisbury method gives a diet of chopped beef, very rare, and a little stale bread, with very hot water an hour before each meal. This system is rapid, but so severe that no one is likely to keep it up for long at a time, save in desperate emergencies.

The most practical system of diet is one that while not vigorous enough to be very trying is rational and, in the long rum, effectual, a sensible diet that can be kept up indefinitely without great privation. Such a diet is an easy matter in the summer, for few summer delicacies need be blacklisted. Nature doesn't crave heavy, starchy, and sweet food in hot weather, and the things for which the average woman longs in summer are the things the fat woman may have without intringing upon diet rules.

Bread must be positively given up. Sugar most follow. This shuts off puddings, pies, candy, and, unfortunately, ice cream. Potatoes are forbidden and little milk and cream are desirable. Liquor must be left out absolutely. Physiciams agree that heer, whisky, champagne, cocktalls, in fact, all alcoholic drinks, some white or old wine in very smail quantities, are fat producers, and that their use can neutralize any reducing diet. Water must not be drunk doring meals, nor until an hour after meals.

There is, according to a fair consensus of medical opinion, the whole body of the reduction is wat and googel Individual doctors give individual touches to the regimen; but upon that diet, with proper exercise, the fat woman is bound to lose flesh in satisfactory fashion.

The process isn't formidable.

All meats, all fish, except salinen, are permissible.

All of the summer vegetables except petatoes may be eaten. Salads, melons, fruits are allowed.

Going without bread sesms to be the hardest feature of the diet for most women, and the ordinary woman u

to be the hardest reature of the diet for most women, and the ordinary woman usually misses her sweets; but the latter longing is usually conquered in a short time, and the genral health is sure to beneh, by this feature of the reduction regime.

Above all, regularity and persistence are essential. The woman who diets strenuously for three days, and has an ergy of ple and ice cream on the fourth, need not expect to be obliged to take pleats in her waistbands. diet for most women, and

New Field for Women. Women have invaded another field of industry in New York. She enters upon he new vocation timidly and trav els in groups for company

HOW TO KEEP YOUNG

Make Up Your Mind to Calmly Ignore t. e Prospect of Old Age.

An acute observer said recently: Women have given up growing old. suppose they are tired of it." Most of us soon tire of growing old. It is a fatiguing process, and one that humanity in general would be glad to dispense with. According to my observer, our women of today do dispense with it, but our men do not. He went on to remark: "A modern man of forty, as a rule, looks his age. A modern woman of forty looks, say, thirty to thirty-two." I was ungallant enough, says Robert Hichens, in "London Queen," to hint at little feminine methods and mysteries to which most males are strangers, but he took me for a walk in the park, and soon forced me to acknowledge that a great many women who do not "make up" do not look anything like their age. Why is it? I myself am acquainted with women of forty-five, fifty, fifty-five, who make up very little, or not at all, and who yet seem to me, and I believe to all the world, by no means middle-aged, and in some cases positively young. What is the secret of this eternal youth? People who live exceedingly quiet lives

in the country, whose greatest dissipation is a rare garden party, whose hour for bed-or as, alas! they sometimes term it, Bedfordshire!-why, is ten, and whose hardest labor is a game of tennis or the gentle weeding of a border, declare that in the rare garden party, in bed, tennis, and the weeding of borders is eternal youth to be found. Others say that a quiet mind is the best "make up" in the world, and that the mind cannot be quiet in a great city. Certainly one of the youngest looking women for her age whom I have ever seen does live one of those peaceful lives, far away from the roar of traffic and the gayetles so many of us cling to. She is famous and she says she is forty-one, yet in bright day-light she looks more often than not like a radiant young girl. The whole world has rung with her name, yet she cares nothing for the world. She adores peace, fresh air, simplicity, early hours, and, as



admirers follow her from Paris to London and besiege her with offerings of flowers. Authors flock to her hotel with plays. Being good-natured, she often goes to parties got up in her honor. She gives away prizes, she recites for charities, she appears at bazars. At midnight anxious hosts await her at supper. The whole of the business of a great the sarries on her shoulders. When does she learn her parts? When does she study "Hamlet," commit "L'Aiglon" to memory? Nobedy knows. Perhaps between I o'clock at night and dawn, Only in her chateau by the sea does she occasionally rest. Yet even there she often rises at 6. She shoots, she fishes, she sails, she plays tennis, she entertains a swarm of friends. Not in rest, but in labors great as the labors of Hercules, in everlasting excitement, does she find eternal youth.

As a rule the women by whose youth-

As a rule the women by whose youth-fulness I have been most struck have been



modern women more keenly interested in their lives than modern mare in theirs, and is this the secret of their remarkable youthfulness? Certainly the English woman's life is perpetually becoming more varied, more full. She does a thousand things now that she used to leave undone. Both in work and in play she has a far better time. Perhaps that is why she is getting to leok so preposterously young. She is gazing toward the horifigures of coming joys against a sky in which there are not so many clouds as there used to be.

Her youth should put man on his mettle. With her beside him he ought to be ashaimed to look careworfn, to become fat, or bald, or fretful. Let him initiate woman, and soon we shall have found the philosopher's stone. We shall be what we feel, and we shall feel always—say, twenty-two.

A pretty girl wearing a taffeta dust cloak took a fountain pen from one of the pockets thereof, tested the nib and wrote her name on the hotel register in a firm hand.

pockets thereof, tested the nib and wrote her name on the hotel register in a firm hand.

"Room and bath, please," she said smilingly. "Not above the third floor."

Then she walked off leisurely and gracefully toward the elevator while two boys vied with each other in their efforts to carry her bags, umberlias and golf sticks.

"Wouldn't that make you think!" said the old hotel man. "Twenty-five years ago a woman never registered herself, and never came near a hotel desk. She always made her arrangements through a boy or a clerk. First she went to the ladies' partor and gave a man her name on a card and he came back and took her to a room. In one of the old Philadelphia hotels they had a little panel window opening from the hotel office through the wall of the ladies' parlor in order to save her the trouble of writing her name.

"In those days the woman hotel guest always paid her bills by a boy or her maid, but nowadays women think nothing of coming up to the desk and asking for a room or a bill as the case may be. I don't know but what I like the new way best. The old plan seemed to infer that a hotel office was an objectionable place for ladies to visit. Then did you observe the style of that girl's gown? Did you notice how fresh it was and how cool and happy and unhurried she appeared? I think the women traveling nowadays look prettier than in any other ores." ook prettier than in any othe It is a fact that the woman

traveler of today not only looks trim and neat, but is well able to care for herself

well able to care for herself and luggage.
The feminine traveler of to-day presents a fine type of the common sense woman. She dresses for travel, but does not make herself hideous for the purpose. The ankle length skirt or the one just escaping the ground which is so generally worn by women this summer is ideal for traveling. In linen or the lighter cloths it is specially adaptable, and for short distances many women are seen wearing the



and the few light toilet articles necessary. Heavy silver toilet ware is packed in trunks. The dressing cases provided with these implements were always too clumsy and heavy to carry around.

Provided with this small grip and perhaps an umbrella or parasol the up-to-date woman starts on her summer jount. She never fusses over a time-table as her grandmother need to without arriving at any definite result. She asks questions nowaily as she proceeds and lets the railroad men do the guessing. Everything, in fact, is done to provide for the comfort of the tourist woman. Pullman car porters are instructed to make her their special charge and railroad conductors and employes are invariably civil and helpful to unescorted women.

At many of the best hotels a woman has no sooner been shown to her room than a chambermaid visits her and assists her to change her gown or arrange her hair. She helps her to unpack, brushes out her skirts and hats, folds her veils and makes the women guests comfortable.



mere easily obtained, and the necessary dieting is less of a hardship.

In these two things, exercise and diet, lie the clue to all rational flesh reduction. Physicians are practically unantmous in declaring that medicines used to reduce flesh are usually harmful or inefficacious. Sometimes medicine is needed, not so much to assist in reduction as to correct flaws in the general health of the patient, but the character of that medicine depends upon the condition of the individual and only a good doctor. The necessity for deep breathing makes a tight corset a suicidal thing for the

the patient, but the character of that medicine depends upon the condition of the individual and only a good doctor can tell just what is needed.

The matter of exercise also depends largely upon the individual. The person who is reducing must take more exercise than he has been in the habit of taking, but, of course, that is a sliding scale of measurement. Vigorous and regular athletic exercise would, in all cases, hasten the loss of flesh, but some persons cannot

DRESS OF SOFT TAFFETA, ORNAMENTED WITH BANDS OF BLACK VELVET RIBBOON AND APPLICATIONS OF EMBROIDERIES; SKY-BLUE TAFFETA WAISTCOAT.